



## Eliz Greene Fact Sheet

### Personal Background Information:

#### Eliz Greene

(Pronounced e-liz, as in e-mail)

(Greene is pronounced like the color)

- Age Now: 42 (May 28, 1965)
- Age at time of heart attack: 35
- Date of heart attack: 11/12/2000
- Profession: Heart Health Educator, Speaker and Author
- Previous Profession: Adaptive Movement Specialist, Dance Teacher and Choreographer
- Education: University of Wisconsin – Madison, BA 1989  
Mass Communications
- Triathlete: Sprint Distance (1/2 mile swim, 13.2 mile bike, 3.1 mile run)

#### Husband: Clay Greene

Age Now: 40

Age at time of Eliz's heart attack: 34

Profession: Attorney

Education: University of Wisconsin – Madison,  
BA 1988 Political Science  
JD 1993

#### Daughters: Grace and Cathleen (Callie) Greene

Age Now: 6

Birth date: 11/12/2000

Attending Kindergarten

Grace: (Grace Catherine) Redhead

Callie: (Cathleen Margaret) Brunette

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## Heart Attack Details:

### Health details leading up to event:

- Healthy and fit dance teacher.
- Five years of infertility treatments prior to this (first and only) pregnancy.
- Discovered twins during an ultrasound at 9 weeks of pregnancy.
- By 4<sup>th</sup> month of pregnancy, she was very large and experiencing contractions, put on bed rest.
- 10/13/2000 pre-term labor was stopped, but Eliz remained in the hospital on bed rest for a month.

### Hospital Details:

#### St. Joseph Regional Medical Center, Milwaukee, WI

Contact for hospital and doctors: Cathie Callen: (414) 447-2057

Pager: (414) 584-4359

### Doctors:

- Dr. Margaret Carr, Perinatologist (High Risk ObGyn)
- Dr. Richard Wakefield, Cardiologist
- Dr. Husam Balkhy, Cardiothoracic Surgeon

### Heart Attack Details and Diagnosis:

11/12/2000

- Eliz was 32 weeks pregnant (7 months)
- Suffered a 10-minute cardiac arrest (no pulse or breath)
- Received immediate CPR
- Converted back to regular heart rhythm using a defibrillator (shocked the heart)
- Was stabilized and then taken to the Cardiac Catheterization Lab (a small wire was threaded through her groin into her heart)
- Diagnosis: Spontaneous dissection of the Left Anterior Cardiac Artery (the inside lining of the artery pulled away from the outside creating a "trap door" which stopped the flow of blood)
- The dissection could not be fixed in the Cath Lab because two other branches of the artery were involved.
- Eliz's only option was open-heart surgery.

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### Surgery Details:

Embrace Your Heart Wellness Initiative  
3900W Brown Deer Road #185, Milwaukee, WI 53217  
414-793-5020 [www.EmbraceYourHeart.com](http://www.EmbraceYourHeart.com) [Eliz@EmbraceYourHeart.com](mailto:Eliz@EmbraceYourHeart.com)



- **The Plan:** Deliver the babies by Cesarean Section and then begin a triple bypass surgery.
  - Doctors were convinced Eliz would not survive a traditional bypass surgery using the heart-lung machine.
  - Since the blood needs to be thinned considerably, doctors believed she would bleed to death from the cesarean done just minutes before.
- **The Technology:** Dr. Balkhy is a pioneer of the Beating Heart Bypass.
  - Using a devise to stabilize tiny parts of the heart, one-at-a-time, he is able to fix the heart while it is still beating.
  - To this date Beating Heart Bypass is used in only 25% of bypass surgeries each year, even though it has been shown to have better outcomes for women.
  - Had Eliz's heart attack happened even eighteen months earlier or at a different hospital, Beating Heart Bypass wouldn't have been available and she would not have survived.
  - For more information about Beating Heart Bypass visit [www.heartsurgery-usa.com](http://www.heartsurgery-usa.com)
- **The Recovery:** Due to the Beating Heart Bypass surgery, Eliz's recovery was quicker than would have been expected with a traditional bypass.
  - She was able to leave the Intensive Care Unit and go to see her infant daughters just seventeen hours after her surgery was complete.
  - During the first weeks Eliz was able to care for her daughters and breast feed them.
  - Today, Eliz enjoys a full recovery and even competes in sprint-distance triathlons.

### **Embrace Your Heart Wellness Initiative:**

Today, As the director of the Embrace Your Heart Wellness Initiative, Eliz Greene has made it her mission to:

**Inspire** women to pay attention to their #1 health threat, heart disease.

**Educate** health care providers about women and heart disease and the importance of addressing heart disease with all of their female patients.

**Champion** the cause of women and heart disease by celebrating female survivors who make a difference.

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Eliz is an author and nationally known speaker who is also known as the "Red Dress Lady." She brings passion and life to the red dress -- they symbol for women and heart disease used by the American Heart Association and other organizations to promote public awareness.

Eliz's book, **Passion For Life: *Five simple strategies to find the happiness, satisfaction and zest you deserve***, asks the question, "Are you too busy managing the details of your life to really live it?" In *Passion for life* discover ways to bring balance and fulfillment to your life every day. Using her inspiring tale of surviving a heart attack while seven months pregnant with twins and other personal stories, Eliz illustrates down-to-earth strategies to find your own passion.

**The American Heart Association (AHA):**

Since her heart attack, Eliz has been a dedicated volunteer helping to raise awareness as well as research dollars. She serves as a National spokesperson. She currently chairs Wisconsin's AHA Advocacy Committee and has lobbied Congress on behalf of the AHA.

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